



For Immediate Release:

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Reading-Berks Physical Therapy Joins National Workplace Fitness Effort

*Employees and Patients Join Highmark and Thousands of Americans for
Second Annual **National Walk @ Lunch Day** on April 30*

READING, PA – April 22, 2008 – Next Wednesday, April 30th, 2008 from 12:00 PM – 12:30 PM, Reading-Berks Physical Therapy, their employees, and patient members of their Ambassador Club Program will join Highmark and thousands of Americans across the country in the second annual **National Walk @ Lunch DaySM**. The event will take place at each one of the 8 Reading-Berks Physical Therapy locations throughout Berks County.

National Walk @ Lunch Day is a workplace walking program which encourages people to take time during their lunch breaks to start walking toward better health. Most American's schedules are built around their workdays, so **National Walk @ Lunch Day** is designed to fit into – not compete with – their daily routine. Many employers are supporting **National Walk @ Lunch Day** by encouraging their workforces to participate.

The inaugural **National Walk @ Lunch Day** last year enjoyed great success with tens of thousands of employees joining in from 46 states, plus the District of Columbia and Puerto Rico.

Reading-Berks Physical Therapy joins companies and employees nationwide hosting lunchtime walks. Employers recognize the health benefits of incorporating walking into employees' daily activities. "**National Walk @ Lunch Day** is designed to educate

millions of people about how their daily decisions can have an impact on their health and well-being. This event creates an opportunity for Reading-Berks to express to our community and patients how important physical activity is to everyday health and well-being,” said Stephen Hetzel, PT, DPT, ATC and Partner. He continued, “Better informed and more physically active individuals can also mean fewer serious health problems down the road, which helps better control the rising cost of healthcare in our nation.”

Simply getting 30 minutes of moderate physical activity, such as a brisk walk, at least five times a week has significant health benefits, such as lowering the risk of developing or dying from cardiovascular disease, hypertension, type 2 diabetes and improving the health of muscles, bones and joints. *[Source: Physical Activity and Health, A Report of the Surgeon General, 1996]*

About Reading-Berks Physical Therapy:

The mission of Reading-Berks Physical Therapy is to help each and every one of our patients regain optimal physical function following an injury or an illness. We have experienced therapists, and established services and programs to help make sure that each and every one of our patients receives direct, dedicated care. We work with patients to establish goals and timelines to get back to the things they love to do, as quickly, and as effectively as possible. We understand how important it is to be able to count on flexibility with scheduling therapy sessions. At Reading-Berks, we are always able to provide appointments within 48 hours at one of our 8 offices in the area.

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